



# Aware Live Mindfulness Sessions

**28 April – 1 May**

**A free benefit from your  
Employee Support Program to  
help you and your family stay  
well and well balanced**

Join us for a series of live, web-based sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved wellbeing.



Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family, and personal life.

## TO PARTICIPATE:

Sessions are being offered at multiple times in several languages. To participate, **click on the session you'd like to attend from the selections below**, and submit your registration.

### EDT | GMT

#### Tuesday 28 April

12:00 pm | 4:00 pm English  
12:30 pm | 4:30 pm English  
1:00 pm | 5:00 pm French Canadian  
1:30 pm | 5:30 pm French Canadian  
5:00 pm | 9:00 pm Spanish LATAM  
5:30 pm | 9:30 pm Spanish LATAM

#### Wednesday 29 April

4:00 am | 8:00 am Mandarin  
4:30 am | 8:30 am Mandarin  
6:00 am | 10:00 am French  
6:30 am | 10:30 am French  
9:00 am | 1:00 pm English  
9:30 am | 1:30 pm English  
4:30 pm | 8:30 pm English  
5:00 pm | 9:00 pm English

#### Thursday 30 April

3:30 am | 7:30 am English  
4:00 am | 8:00 am English  
5:00 am | 9:00 am Spanish  
5:30 am | 9:30 am Spanish  
1:00 pm | 5:00 pm French Canadian  
1:30 pm | 5:30 pm French Canadian  
5:00 pm | 9:00 pm English  
5:30 pm | 9:30 pm English

#### Friday 1 May

8:00 am | 12:00 pm Portuguese  
8:30 am | 12:30 pm Portuguese  
9:00 am | 1:00 pm Italian  
9:30 am | 1:30 pm Italian  
12:00 pm | 4:00 pm English  
12:30 pm | 4:30 pm English